ABSTRACT OF THE DISCLOSURE

A hinged product has a first section and a second section. The first section has a post extending transversely across one end thereof. The second section two co-axial apertures therein, each of the apertures having an internal wall. The post extends between and through the apertures to connect the first section to the second section. The first section is integrally formed with the second section via at least one connection point connecting the first section and the second section outside of the apertures. Rotating the first section relative to the second section causes the connection point to break and create a two piece hinge.